



How about going out into nature to recharge your batteries and refocus?

Experiment Coaching or supervision in nature

Regardless of our current professional reality, we have lived for several months with a feeling of emptiness: lack of contacts, lack of freedom, lack of energy, lack of meaning ...

At the same time, being less exposed to the "external landscape" pushes us to reconnect with our "internal landscape".

Through my practice of coach and supervisor, I am frequently exposed to people who question themselves at the professional level: "What meaning should I give to my activity? what drives me? why do I do what I do? "

Why not consider going out into nature for coaching or supervision?

Numerous scientific researches show the positive impact of nature, especially on health, well-being and personal efficiency. Connecting with nature helps people to focus, to align with their needs and objectives. Self-esteem, personal efficiency and decision-making processes are also enhanced.

Marie Jeanne Vijgen

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